

PATENT  
Attorney Docket No. 10029.02  
Express Mail Label No. EL625073552US

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

In re the Application of:

Kevin LAMAR, et al.

Serial No.

Filed: HEREWITH

For: GROUP PROGRAM FOR RESISTANCE  
EXERCISE TRAINING

Examiner:

GAU:

**CERTIFICATE OF MAILING BY EXPRESS MAIL**

Box PATENT APPLICATION  
Commissioner for Patents  
Washington, D.C. 20231

Sir:

The undersigned hereby certifies that the enclosed

1. Patent Application Transmittal;
2. Specification (45 pages), Claims (6 pages), and Abstract (1 page);
3. Drawings (4 sheets);
4. Declaration for Patent Application (unsigned);
5. Check for \$944.00
6. Certificate of Mailing by Express Mail; and
8. Return Card,

relating to the above application, were deposited as "Express Mail," Mailing Label No. EL625073552US with the United States Postal Service, addressed to Box PATENT APPLICATION, Commissioner for Patents, Washington, D.C., 20231, on this 12<sup>th</sup> day of March, 2001.

March 12, 2001



March 12, 2001



Thomas J. Osborne, Jr., Reg. No. 39,796  
Attorney for Assignee  
DORSEY & WHITNEY LLP

USPTO Customer No. 20686

03-14-01 A

**UTILITY PATENT APPLICATION TRANSMITTAL**  
**(Large Entity)**

(Only for new nonprovisional applications under 37 CFR 1.53(b))

Docket No.  
10029.02

Total Pages in this Submission

03/12/01  
U.S. PTO03/12/01  
09/805067  
J 30/17 U.S. PTO**TO THE ASSISTANT COMMISSIONER FOR PATENTS**Box Patent Application  
Washington, D.C. 20231

Transmitted herewith for filing under 35 U.S.C. 111(a) and 37 C.F.R. 1.53(b) is a new utility patent application for an invention entitled:

**GROUP PROGRAM FOR RESISTANCE EXERCISE TRAINING**

and invented by:

Kevin LAMAR, Allison M. PORTER, and Teresa Lynn HARVEY

If a CONTINUATION APPLICATION, check appropriate box and supply the requisite information:

 Continuation    Divisional    Continuation-in-part (CIP) of prior application No.: \_\_\_\_\_

Which is a:

 Continuation    Divisional    Continuation-in-part (CIP) of prior application No.: \_\_\_\_\_

Which is a:

 Continuation    Divisional    Continuation-in-part (CIP) of prior application No.: \_\_\_\_\_

Enclosed are:

**Application Elements**

1.  Filing fee as calculated and transmitted as described below
2.  Specification having 52 pages and including the following:
  - a.  Descriptive Title of the Invention
  - b.  Cross References to Related Applications (*if applicable*)
  - c.  Statement Regarding Federally-sponsored Research/Development (*if applicable*)
  - d.  Reference to Microfiche Appendix (*if applicable*)
  - e.  Background of the Invention
  - f.  Brief Summary of the Invention
  - g.  Brief Description of the Drawings (*if drawings filed*)
  - h.  Detailed Description
  - i.  Claim(s) as Classified Below
  - j.  Abstract of the Disclosure

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**Application Elements (Continued)**

3.  Drawing(s) (*when necessary as prescribed by 35 USC 113*)
  - a.  Formal Number of Sheets \_\_\_\_\_
  - b.  Informal Number of Sheets 4
4.  Oath or Declaration
  - a.  Newly executed (*original or copy*)  Unexecuted
  - b.  Copy from a prior application (37 CFR 1.63(d)) (*for continuation/divisional application only*)
  - c.  With Power of Attorney  Without Power of Attorney
  - d.  **DELETION OF INVENTOR(S)**  
Signed statement attached deleting inventor(s) named in the prior application, see 37 C.F.R. 1.63(d)(2) and 1.33(b).
5.  Incorporation By Reference (*usable if Box 4b is checked*)  
The entire disclosure of the prior application, from which a copy of the oath or declaration is supplied under Box 4b, is considered as being part of the disclosure of the accompanying application and is hereby incorporated by reference therein.
6.  Computer Program in Microfiche (*Appendix*)
7.  Nucleotide and/or Amino Acid Sequence Submission (*if applicable, all must be included*)
  - a.  Paper Copy
  - b.  Computer Readable Copy (*identical to computer copy*)
  - c.  Statement Verifying Identical Paper and Computer Readable Copy

**Accompanying Application Parts**

8.  Assignment Papers (*cover sheet & document(s)*)
9.  37 CFR 3.73(B) Statement (*when there is an assignee*)
10.  English Translation Document (*if applicable*)
11.  Information Disclosure Statement/PTO-1449  Copies of IDS Citations
12.  Preliminary Amendment
13.  Acknowledgment postcard
14.  Certificate of Mailing

First Class  Express Mail (*Specify Label No.*): EL625073552US

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**Accompanying Application Parts (Continued)**

15.  Certified Copy of Priority Document(s) (*if foreign priority is claimed*)
16.  Additional Enclosures (*please identify below*):

**Request That Application Not Be Published Pursuant To 35 U.S.C. 122(b)(2)**

17.  Pursuant to 35 U.S.C. 122(b)(2), Applicant hereby requests that this patent application not be published pursuant to 35 U.S.C. 122(b)(1). Applicant hereby certifies that the invention disclosed in this application has not and will not be the subject of an application filed in another country, or under a multilateral international agreement, that requires publication of applications 18 months after filing of the application.

**Warning**

*An applicant who makes a request not to publish, but who subsequently files in a foreign country or under a multilateral international agreement specified in 35 U.S.C. 122(b)(2)(B)(i), must notify the Director of such filing not later than 45 days after the date of the filing of such foreign or international application. A failure of the applicant to provide such notice within the prescribed period shall result in the application being regarded as abandoned, unless it is shown to the satisfaction of the Director that the delay in submitting the notice was unintentional.*

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**Fee Calculation and Transmittal**

**CLAIMS AS FILED**

For	#Filed	#Allowed	#Extra	Rate	Fee
Total Claims	33	- 20 =	13	x \$18.00	\$234.00
Indep. Claims	3	- 3 =	0	x \$80.00	\$0.00
Multiple Dependent Claims (check if applicable)	<input type="checkbox"/>				\$0.00
				BASIC FEE	\$710.00
OTHER FEE (specify purpose)					\$0.00
				TOTAL FILING FEE	\$944.00

- A check in the amount of      \$944.00      to cover the filing fee is enclosed.
- The Commissioner is hereby authorized to charge and credit Deposit Account No.      04-1415  
as described below. A duplicate copy of this sheet is enclosed.
  - Charge the amount of                          as filing fee.
  - Credit any overpayment.
  - Charge any additional filing fees required under 37 C.F.R. 1.16 and 1.17.
  - Charge the issue fee set in 37 C.F.R. 1.18 at the mailing of the Notice of Allowance,  
pursuant to 37 C.F.R. 1.311(b).



Signature

Dated: March 12, 2001

Thomas J. Osborne, Jr., Registration No. 39,796  
 Dorsey & Whitney LLP  
 USPTO Customer No. 20686

cc: Docket Clerk